



## **Houston County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Houston County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Houston County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include Student Psychological Services
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 7823.00.

Community partnerships have been formed to address school health issues. Current partners include:

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| ➤ Houston County Youth Center        | ➤ Stewart County Health Department |
| ➤ Houston County UT Extension Office | ➤ Community Partnerships           |
| ➤ Houston County Library             | ➤ TNCEP                            |
| ➤ Houston County Drug Alliance       | ➤ Rec Club                         |
| ➤ Houston County Health Council      | ➤ Lions Club                       |
| ➤ Family Resource                    | ➤ Safe and Drug Free schools       |
| ➤ TVA                                | ➤ Hilcrest Clinic                  |
|                                      | ➤ Rotary Club                      |
|                                      | ➤ Houston County Health Department |
|                                      | ➤ Erin City Mayor's Office         |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, screenings in all schools, Advisory Council, and Zumba. Currently, 6 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Wellness Teams, Character Counts and Dare, and Get a Clue tobacco program. Approximately 25 students are partnering with CSH to address school health issues on the Wellness Teams in the middle and high school levels, DARE, and character counts education.

## School Health Interventions

Since CSH has been active in the Houston County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 583 screened and 116 referred this year, with 1952 in total screenings and 454 total referrals;

Students have been seen by a school nurse and returned to class this year – 1252 students were seen by the nurse. 94 of those students were sent home. 1158 students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA: 53% at a Healthy Weight, 44% overweight/obese, 27% of the 44% are obese this school year. **07/08** year Underweight-1%, Normal-51%, Overweight 48% and of the 48% overweight 27% were obese. **08/09** year Underweight-2% normal 54%, overweight 44%, of the overweight 24% were obese, **09/10** year-underweight 3%, normal 53% overweight 44%, of the overweight 27% were obese;

Many items have been purchased with CSH funds to enhance school health efforts: Examples of items purchased include: basketball goals, playground equipment, playground packs-balls, hoops, bases, jump ropes, gloves, and rackets. These items have helped bring our physical education and PA programs up in the SHI ratings in Module 3. We also purchased Take 10! for all the elementary teachers, and salad bars were placed in half of our schools. Exercise equipment for staff and teachers has been placed in two schools, Wii's are in all schools and in some classrooms for rainy day activities for students;

Professional development has been provided to school health staff. This includes CPR, nurses sent to school nurse conferences, suicide prevention, diabetes, bullying, asthma in the school setting, bloodborne pathogens, and CSH introductions to new staff;

School faculty and staff have received support for their own well-being through healthy eating guides, Registered Dietitian in-service, and physical activity in the form of Zumba classes. The Art Council offered dance and exercise classes, and smoking cessation programs were offered from the Health Department. Flu shot clinics were provided at the schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – What's the Rush program from the DA's office, Health Department abstinence program, Character Counts, Drug Alliance and Youth Center programs to educate the parents and children on the dangers of drugs and alcohol, Get a Clue tobacco education, and nutrition education;
- Physical Education/Physical Activity Interventions – CSH Healthy School Teams are providing physical education and physical activity equipment to keep the students active during recess and physical education classes. The Mayor's office

is partnering with CSH to encourage parents/grandparents to go walking with their child using the walking trail in town;

- Nutrition Interventions – healthy snacks for school days letters sent home, healthy breakfast/quick snack foods sent to parents, salad bar in two schools, nutrition letters and demonstrations to the Youth Center and in the schools with guidance, parent letters on nutrition;
- Mental Health/Behavioral Health Interventions – new psychological service policy in place, guidance counselor, UT Extension and CSH partnered for nutrition guidance.

In such a short time, CSH in the Houston County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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